

## Cruising Course Personal Gear List

### **Must Bring Items (not optional)**

- \_\_\_ Swimsuit
- \_\_\_ Towel
- \_\_\_ Sun Hat
- \_\_\_ Warm Hat \*
- \_\_\_ Sunglasses and Retainer
- \_\_\_ Polypropylene Underwear Top \*
- \_\_\_ Medium-weight Insulation Layer
- \_\_\_ Thick Fleece Layer \*
- \_\_\_ Long-sleeved Shirt (Sunshirt)
- \_\_\_ Polypropylene Underwear Bottom \*
- \_\_\_ T-shirts
- \_\_\_ Long Pants
- \_\_\_ Shorts
- \_\_\_ Cotton Underwear
- \_\_\_ Rain Gear: Jacket and Pants
- \_\_\_ Warm Gloves \*
- \_\_\_ Boat Shoes (non-marking, non-skid) \*\*
- \_\_\_ Socks \*
- \_\_\_ Sunscreen
- \_\_\_ Toiletries:
  - \_\_\_ Toothbrush, Paste, Floss
  - \_\_\_ Comb / Hairbrush
  - \_\_\_ Shampoo / Soap
  - \_\_\_ Razor
  - \_\_\_ Skin Lotion
  - \_\_\_ Feminine Hygiene Items
  - \_\_\_ Lip Balm
- \_\_\_ Collapsible Duffel Bag to carry clothing
- \_\_\_ Sleeping Bag or Sheets / Blankets
- \_\_\_ Cash / Credit Card
- \_\_\_ Headlamp or Small Flashlight
- \_\_\_ Notebook
- \_\_\_ Pen & Pencil
- \_\_\_ ASA Logbook (if ASA course)
- \_\_\_ ASA Textbook(s) (if ASA course)
- \_\_\_ Snorkel Gear (Snorkel, Fins, Dive Mask)
- \_\_\_ 1-Liter Water Bottle with Screw Lid  
(e.g. Nalgene with Large Opening)

\* Optional for warm weather courses

\*\* No dark soles, street shoes, tennis or running shoes on the boat. Barefoot is permissible.

### **Optional Items**

- \_\_\_ Foul Weather Deck Boots
- \_\_\_ Sandals or Flip-flops
- \_\_\_ Personal Flotation Device (PFD)
- \_\_\_ Belt
- \_\_\_ Rx Eyeglasses
- \_\_\_ Personal OTC or Rx Medicines
- \_\_\_ Music: CDs/iPod
- \_\_\_ Camera / Film
- \_\_\_ Spare Batteries
- \_\_\_ Book / Magazine
- \_\_\_ Earplugs
- \_\_\_ Energy bars
- \_\_\_ Watch
- \_\_\_ Pillow
- \_\_\_ Sailing Gloves
- \_\_\_ Knife or Multi-tool
- \_\_\_ Calculator

### **DO NOT BRING**

- Regular Suitcases
- Rollable Suitcases
- Frame-type Backpacks
- Coolers
- First Aid Supplies
- Firearms
- Illegal Drugs

***Most participants bring too much gear.  
PACK LIGHT!***